SIX SENSES SPA

LAAMU

SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience, and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

PERSONALIZED WELLNESS

WELLNESS SCREENING, 60 MINUTES

This non-invasive screening analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

NUTRITION

Whatever wellness journey you take, our experts follow the guiding principles of Eat with Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities.

If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

DETOX

Want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with correcting muscular imbalances and soothing treatments.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.

MASSAGES

SIX SENSES SIGNATURE MASSAGES:

Deep Tissue Massage, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and releasetechniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

Detox Massage, 60/90 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Holistic Massage, 60/90 minutes – a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Movement Restoration, 90 minutes – improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 30/60 minutes – a reviving back, neck and shoulders massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes – a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes – restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Pregnancy Massage 90 minutes – A full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

HOT STONE MASSAGE, 90 MINUTES

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow to the affected area. The heat from the stones provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue. It is also known to promote better sleep.

BALINESE MASSAGE, 60/90 MINUTES

Our Balinese massage uses thumb, palm and forearm pressures with firm strokes, along the meridian lines. Skin rolling and kneading is combined with gentle stretching. The aromatherapy will help stimulate the blood flow and improve energy levels, instilling deep relaxation for the mind and body.

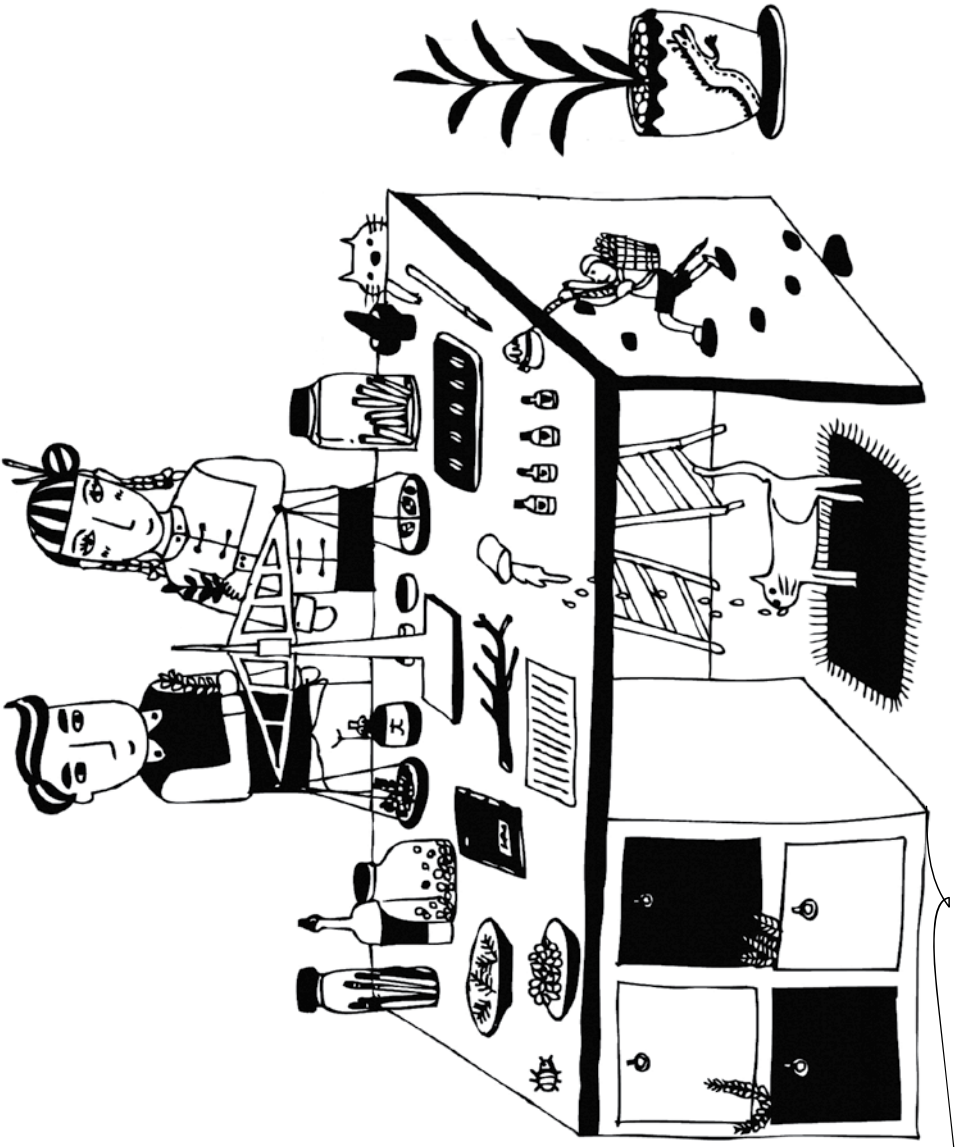
ABHYANG FUSION, 60/90 MINS

Calming, detoxifying and rejuvenating, this full body treatment expertly merges Ayurveda, Aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends, this treatment is recommended for detoxification, better sleep, strengthening of muscles and joints, reducing the signs of cellulite or as a jetlag relief. *Using Subtle Energies.*

BLISSFUL MARMA MASSAGE, 60 MINUTES

A deeply relaxing massage using long and firm flowing movements of varying pressure to eliminate stress-related tension, while Marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being. *Using Subtle Energies.*

FACIALS



24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmines and 24k Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles while addressing emotional needs such as stress, anxiety and hormonal balance. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

WILD KASHMIR, 30/60 MINUTES

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be released through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. *Using Subtle Energies.*

SIGNATURE ROSE LIFTING DIAMOND, 60 MINUTES

This restorative and ultimate skin lifting facial combines the powers of innovative cosmeceuticals and first press essence from organic Persian roses with an intensely skin toning face and body massage. The treatment begins with a stress-relieving back, neck and shoulder treatment. A deep exfoliation using diamond dust and enzyme peel smoothes and revives. Skin is left feeling instantly refreshed and rejuvenated. *Using The Organic Pharmacy.*

MEN'S FACIAL, 60 MINUTES

Tailored specifically to a man's skin, this organic facial deeply cleanses, refreshes and hydrates. Triple-mask application followed by crystal and acupressure massage decongests and addresses specific concerns whilst toning facial muscles. Feet, hands and scalp massage completes this relaxing skin experience. *Using The Organic Pharmacy.*

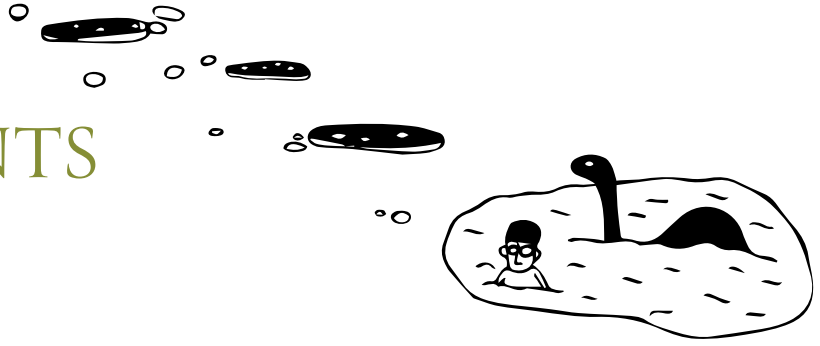
ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

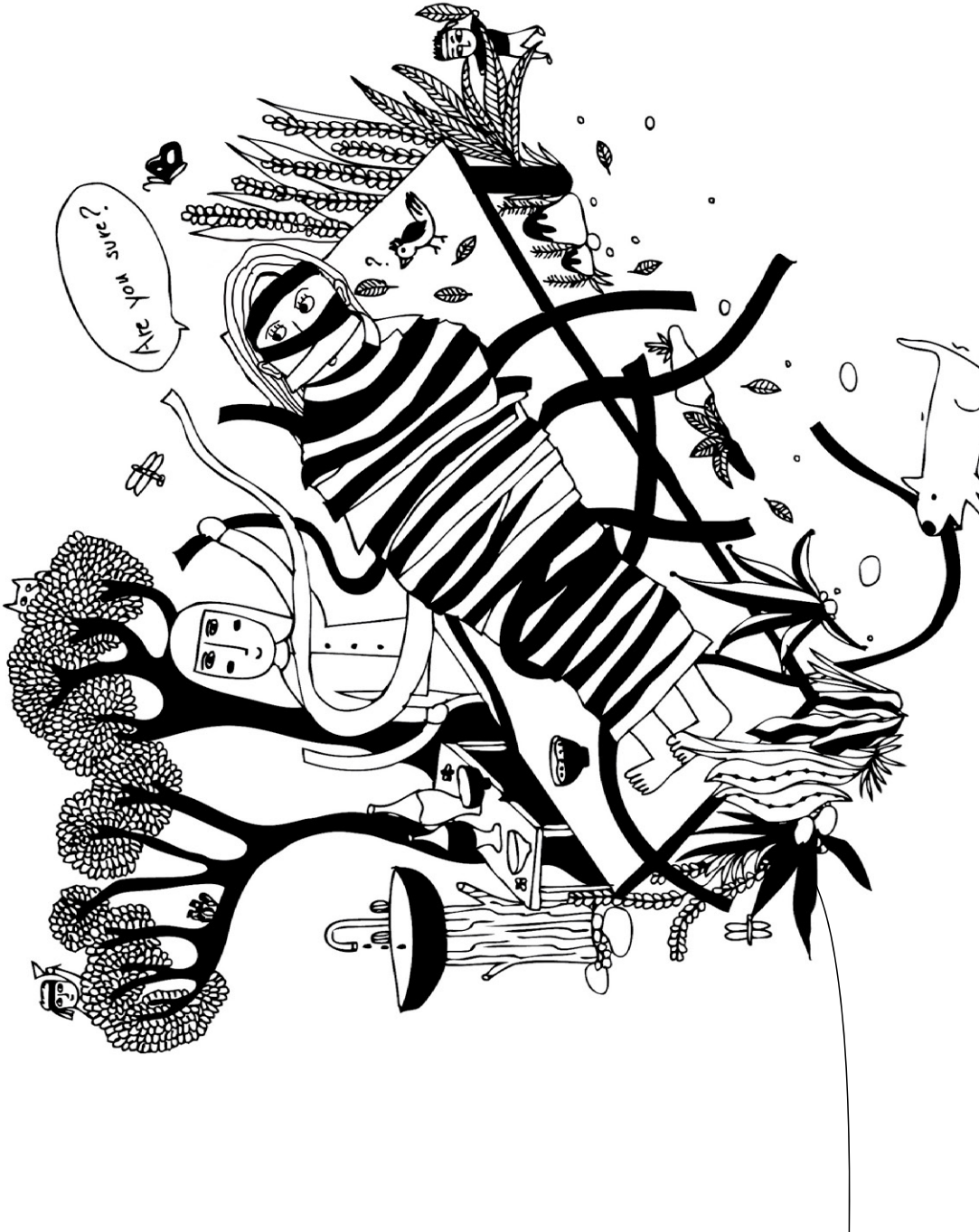
A perfect way to rejuvenate and quench thirsty, urban skin. This indulgent organic facial deeply cleanses, renews and uplifts stagnant energy.A thorough cleanse using antioxidant-rich carrot butter is followed by a purifying rose petal exfoliation. Powerful, triple-mask ritual brightens, decongests and tones face, neck and décolletage. Rose quartz crystals awaken the lymphatic system, and an acupressure massage firms and tones tired facial muscles. A divine massage for feet, hands and scalp completes this heavenly experience. *Using The Organic Pharmacy.*

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 60 MINUTES

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with a rejuvenated glow. *Using The Organic Pharmacy.*

BODY TREATMENTS




Are you sure?

SOOTHE AND REPLENISH BODY RESCUE, 75/90 MINUTES

Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun exposed or damaged skin. This calming face and body therapy includes a localized application of hydration mask enriched with aloe vera to reduce redness, while its antioxidant properties help fight free radical damage. It concludes with the application of intensive serum and butter to restore skin cells plus an antioxidant facial. *Using Subtle Energies.*

HIMALAYAN ENERGIZING BODY POLISH, 60 MINUTES

Release toxins, stimulate circulation and reduce tension with this invigorating body polish. It uses mineral-rich Himalayan crystal salts with rare Ayurveda Aromatherapy oils and hot compresses, leaving the skin visibly radiant and deeply moisturized. *Using Subtle Energies.*

RASAYANA DETOX BODY WRAP, 90 MINUTES

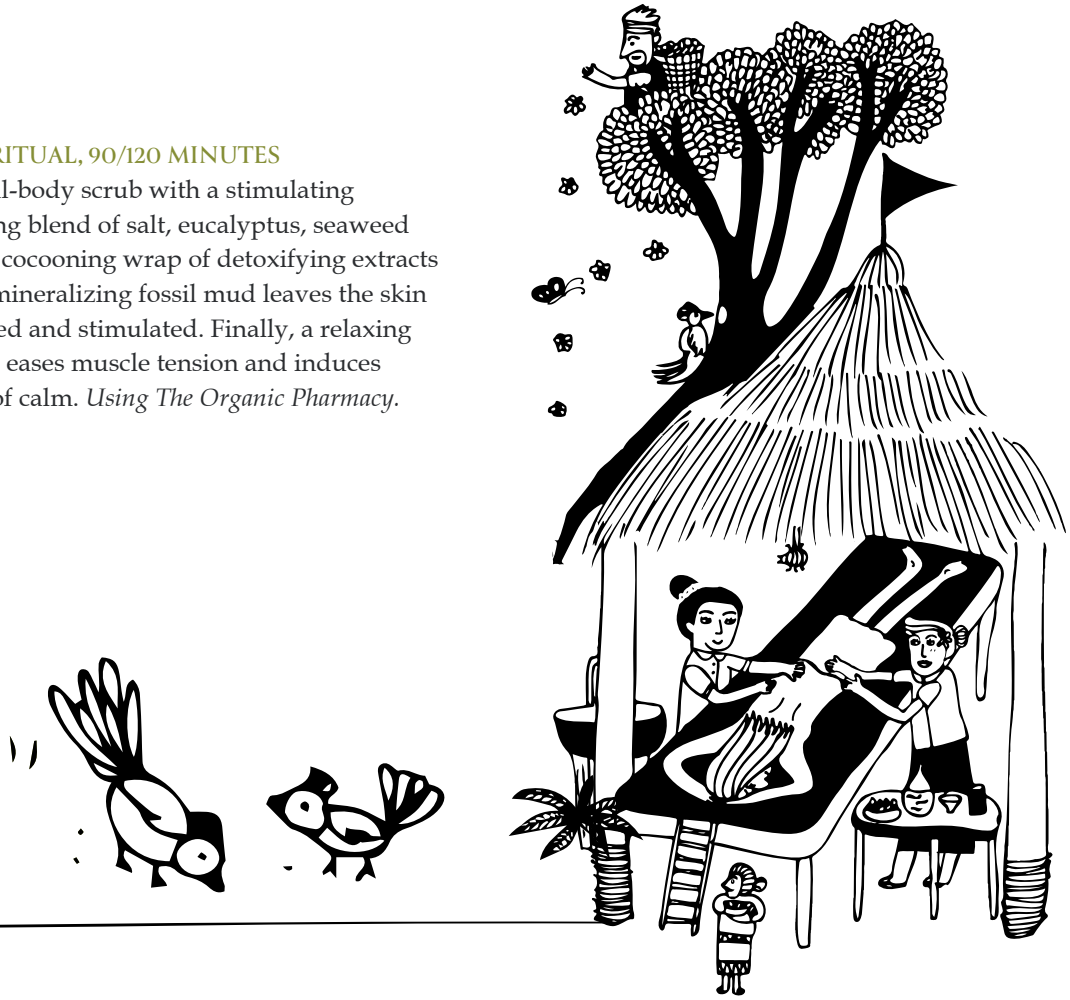
Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body re-energized. *Using Subtle Energies.*

TRIM AND FIT, 60 MINUTES

A duo massage treatment. Green Coffee and Chilli oil is used to heat the body and target problem areas such as hips, thighs, waist & tummy. Cooling body sculpting gel is then massaged into the skin to reduce bloating, stimulate lymph and circulation that drains the body from toxins. The skin appears smoother and more toned. *Using The Organic Pharmacy.*

CLEANSING RITUAL, 90/120 MINUTES

An intense full-body scrub with a stimulating and detoxifying blend of salt, eucalyptus, seaweed and lemon. A cocooning wrap of detoxifying extracts with rare, re-mineralizing fossil mud leaves the skin deeply cleansed and stimulated. Finally, a relaxing head massage eases muscle tension and induces a deep sense of calm. *Using The Organic Pharmacy.*



AYURVEDIC THERAPIES

ABHYANGA, 60/90 MINUTES

This popular Ayurvedic body massage reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

This stress-releasing treatment, performed by one therapist, involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90/120 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

ELAKIZHI, 90/120 MINUTES

A stimulating and rejuvenating treatment using poultices filled with herbal leaves, powders and spices. Warmed in medicated oils, the poultices are used to massage the entire body to improve circulation and tackle joint pain, muscle cramps and stress.

UDVARTANA, 90 MINUTES

A full body massage using medicinal powders to promote digestion, healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite.

KATI-VASTI, 60 MINUTES

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

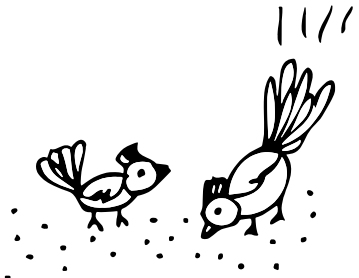
RITUALS

LAAMU KAASHI THEYO, 120 MINUTES ❊

Revive and rehydrate the skin with this soothing body treatment using ingredients from local coconuts. It begins with a body scrub and cocoon followed by a relaxing massage to release tension from the upper back, neck and shoulders.

RELAX TOGETHER, 120 MINUTES ❊

Enjoy an Alchemy Bar experience where you will each create a unique body scrub and herbal poultice. Your therapist will then tailor your full body scrub and signature massage to incorporate your exotic creations.



❊ Locally-inspired

SLEEP WELL JOURNEY, 90 MINUTES

This signature journey is based on clinical research and ancient practices to alleviate sleep concerns. It begins with pranayama (breathing exercise) which positively impacts the flow of energy. A full body massage then releases tension and brings the body's rhythm back into balance, while the facial marma massage stimulates the pineal gland using potent active ingredients. It concludes with the nasya (nasal oil application) which has been used for centuries to relieve sleep concerns and bring about better zzz's.
Using Subtle Energies.

RECOVERING TRAVELLER, 90 MINUTES

Help to bring the body into balance and assist with sleeping patterns and energy levels with this customizable jet lag journey. Includes Marma work, lymphatics and a bronze kasa bowl technique to draw out excess heat. Working on the individual needs this treatment can be used to awaken or to help bring about a restful slumber. Assists in releasing any fluid retention and strengthens the immune system after a long flight.
Using Subtle Energies.

A GENTLEMAN'S JOURNEY, 150 MINUTES

Ideal for the active type or the constant traveler, this personalized journey rejuvenates the body, boosts immunity and brings back that healthy glow. It begins with an invigorating zesty body polish and continues with a full body detox massage, to help relieve adrenal fatigue. It concludes with a hydrating facial to cleanse and balance the skin. *Using Subtle Energies.*

DEEP SLEEP MASSAGE, 90 MINUTES

The perfect treatment for frequent travellers and people suffering from lack of sleep. The treatment begins with soaking feet in hot water infused with relaxing oils and combines a full body massage with rejuvenating foot acupressure and a mini facial. Rich aromatic blends aid detoxification, strengthening of muscles and joints, relieving the jet lag and promoting better sleep. *Using The Organic Pharmacy.*

BEAUTY

EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

FRENCH MANICURE, 75 MINUTES

FRENCH PEDICURE, 75 MINUTES

Waxing and eyebrow shaping are available on request.

WELLNESS AND FITNESS ACTIVITIES

WELLNESS AND FITNESS ACTIVIES

MOVEMENT EFFICIENCY TEST BY FUSIONETICS, 45 MINUTES

A cutting-edge scientific screening that measures movement patterns to identify areas of strength and weaknesses based on which a personalized workout plan is designed. A properly aligned body capable of fluid movement, improved performance and a decreased risk of injury are only a few benefits to ensure thatyour body supports you for many years to come.

AERIAL YOGA, 60 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

HATHA YOGA, 60 MINUTES
FAMILIES (TWO ADULTS AND TWO KIDS)

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

PRANAYAMA, 45 MINUTES

Also known as the extension of the prana (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

MINDFULNESS MEDITATION, 45 MINUTES

Reduce stress, boost the immune system and improve overall state of mind with this deeply relaxing experience, combining breathing techniques with the practice of keeping one's mind in the present.

CORE TRAINING, 60 MINUTES

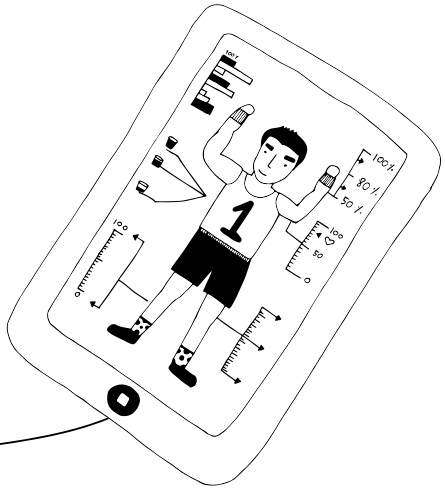
A strong core leads to better posture, more control, better balance and performance, assists with rehabilitation and generally protects the lower back area.

ENDURANCE TRAINING, 60 MINUTES

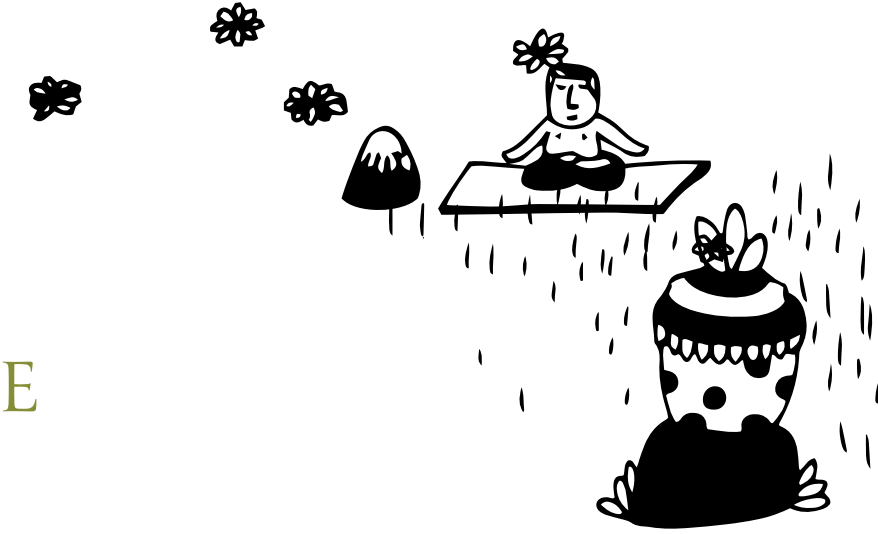
A combination of intense work intervals with short periods of rest, this session offers a great way to keep in shape and burn calories.

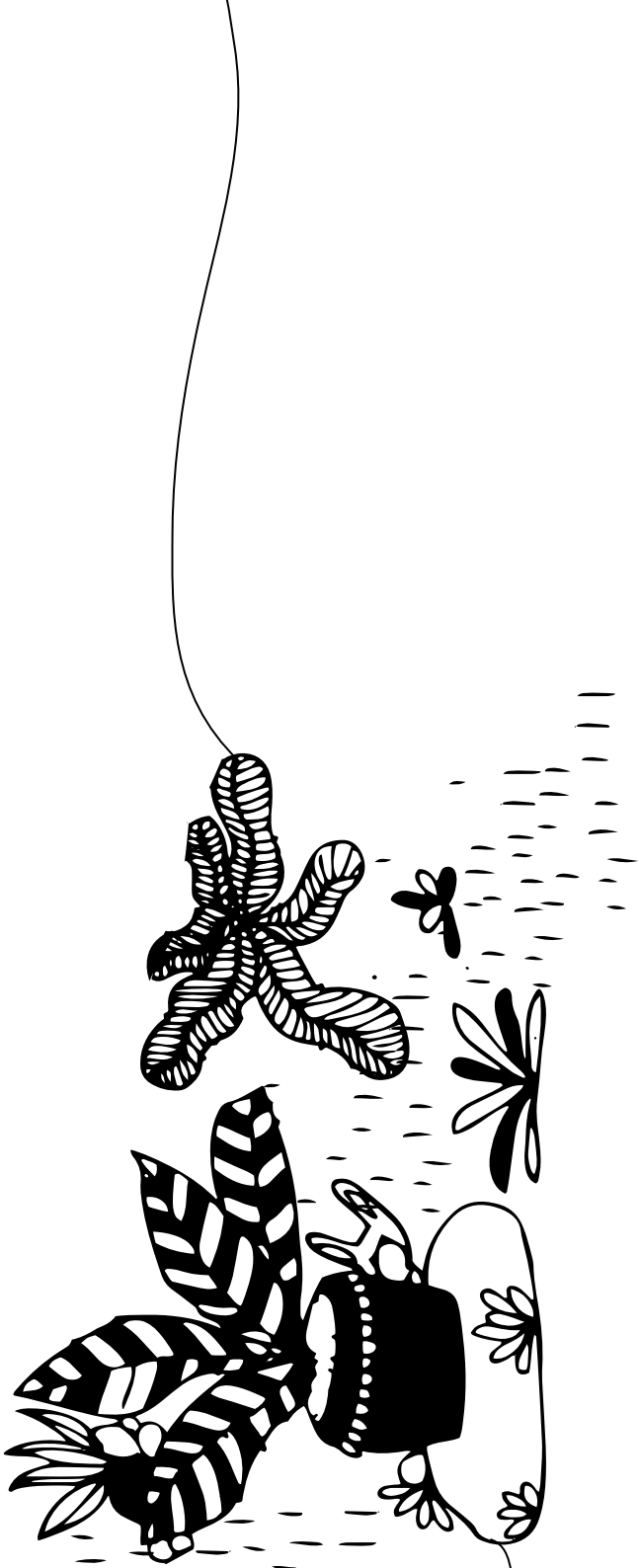
PERSONAL FITNESS TRAINING, 60 MINUTES

A personalized session designed to meet specific goals be they cardiovascular training, muscle toning, strength development, body posture or better performance. Fitness consultation and individual feedback are provided to help guide your progress.



SPA ETIQUETTE





DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs and we offer two types of services: private treatments and therapies in an open room/group setting.

All persons under the age of 18 must have a parent or legal guardian complete a Health Assessment Form and Children's Wellness Waiver. They must wear undergarments or swimsuits during any treatment where clothing is typically removed. Parents and/or guardians of all persons under the age of 18 will be asked to remain at/or close to the spa/place of the treatment and stay reachable in case your child would like to see you during the treatment.

For private (one on one) treatments with children below 14 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.

SIX SENSES SPA LAAMU
T +960 680 0800 E rec-laamu-spa@sixsenses.com
Olhuveli Island, Laamu Atoll, Maldives

JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of our latest initiative, Grow With Six Senses. Incorporating all of the dimensions of wellness, you'll understand more about what's going on inside you and in the world around you.

JUNIOR BODY MASSAGE, 30/45 MINUTES, USD 55/65

Relaxation is the way to go with this soothing full body massage using hydrating organic coconut oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/USD 55

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES/USD 65

The various reflex areas on your feet form "maps" that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body's balance to its optimum state.

PRETTY HANDS OR FEET, 45 MINUTES/USD 55

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun nail art. Try your hand at water marbling, a fun and funky nail effect similar to tie-dye clothes.

FUN FACIAL, 45 MINUTES/USD 85

Choose and blend natural ingredients under the guidance of your spa therapist and then relax as they use them in a gentle facial. Learn some tips and ideas for taking care of your skin so it maintains a healthy balance.

MUM AND ME, 75 MINUTES/USD 195

Spend some relaxing time together and indulge in a relaxing full body massage followed by nail painting.

DAD AND ME, 75 MINUTES/USD 195

Unwind after an active day with a full body soothing massage followed by a scalp massage, using organic coconut oil.

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.
All treatments and prices are subject to change without notice.

PERSONALIZED WELLNESS	DURATION	PRICES/USD
Wellness Screening	60 mins	150
Nutrition		
Detox	3 days	1,125 per person/2,400 per couple
	5 days	1,770 per person/3,335 per couple
	7 days	2,390 per person/4,380 per couple
	10 days	3,175 per person/5,160 per couple
Fitness	3 days	1,165 per person/2,275 per couple
	5 days	1,740 per person/3,280 per couple
	7 days	2,390 per person/4,380 per couple
	10 days	3,175 per person/5,160 per couple
Sleep	3 days	1,375 per person/2,690 per couple
	5 days	1,975 per person/3,720 per couple
	7 days	2,605 per person/4,770 per couple
	10 days	3,490 per person/5,670 per couple
Discover Yoga	3 days	1,235 per person/2,420 per couple
	5 days	1,790 per person/3,375 per couple
	7 days	2,440 per person/4,470 per couple
	10 days	3,300 per person/5,370 per couple

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.
All treatments and prices are subject to change without notice.

TREATMENTS	DURATION/MINUTES	PRICES/USD
MASSAGES		
Six Senses Signature Massages:		
Deep Tissue Massage	60/90	185/220
Detox Massage	60/90	185/220
Holistic Massage	60/90	160/195
Movement Restoration	90	220
Tension Soother	30/60	100/155
Head Massage	30/60	85/155
Relaxed Feet	30/60	85/140
Pregnancy Massage	90	195
Thai Massage	60/90	185/220
Hot Stone Massage	90	220
Balinese Massage	60/90	185/220
Abhyang Fusion	60/90	185/250
Blissful Marma Massage	60	185
FACIALS		
24K Gold Age-Defying Facial	60/90	160/195
Soothe And Enrich Advanced Antioxidant Facial	60/90	160/185
Wild Kashmir	30/60	160/185
Signature Rose Lifting Diamond	60	230
Men's Facial	60	230
Rose Crystal Lymphatic Facial	60/90	230/265
Vitamin C And Papaya Enzyme Peel Facial	60	230

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All treatments and prices are subject to change without notice.

TREATMENTS	DURATION/MINUTES	PRICES/USD
BODY TREATMENTS		
Soothe And Replenish Body Rescue	75/90	220/250
Himalayan Energizing Body Polish	60	160
Rasayana Detox Body Wrap	90	220
Trim And Fit	60	185
Cleansing Ritual	90/120	250/300
AYURVEDIC THERAPIES		
Abhyanga	60/90	185/250
Shirodhara	60	200
Ayurvedic Experience	90/120	250/330
Elakizhi	90/120	250/330
Udvartana	90	250
Kati-Vasti	60	185
RITUALS		
Laamu Kaashi Theyo	120	295
Relax Together	120	330
Sleep Well Journey	90	250
Recovering Traveller	90	260
A Gentleman's Journey	150	340
Deep Sleep Massage	90	220

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.
All treatments and prices are subject to change without notice.

TREATMENTS	DURATION/MINUTES	PRICES/USD
BEAUTY		
Express Manicure	30	65
Express Pedicure	30	65
Manicure	60	100
Pedicure	60	100
French Manicure	75	120
French Pedicure	75	120
WELLNESS AND FITNESS ACTIVITIES		
Movement Efficiency Test By Fusionetics	45	50
Aerial Yoga	60	85
Hatha Yoga	60	85
Families (Two Adults And Two Kids)	60	160
Pranayama	45	85
Yoga Nidra	45	85
Mindfulness Meditation	45	85
Core Training	60	85
Endurance Training	60	85
Personal Fitness Training	60	85

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